

Lesson 2 Jan.13, 2019 How some of our beliefs interfere with getting what we want.

Invitations to be in the present moment:

Opening Prayer: Rebecca Huntley

Thoughts become things. Be careful what you think. A belief is simply a thought you keep thinking until it becomes your truth, be it positive or negative.

There is only allowing and resisting. One opens the door, the other closes the door.

Looking at Core Beliefs.

When you become happy, confident, enthusiastic, and fired up, your life works. Everything matches your set-point of core beliefs on every subject that exists. Be happy

Exercise on Beliefs and Blocks – see at bottom

Transparent Belief Exercise – see at bottom

James 1:2-3

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, **3** because you know that the testing of your faith produces perseverance.

Romans 15:13

13 May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

When you become happy, confident, enthusiastic, and fired up, your life works. Everything matches your set-point of core beliefs on every subject that exists. Be happy

Closing Prayer: Gayle Thompson

The Belief Exercise

This exercise is from the Avatar Journal entitled "Resurfacing... Techniques of Exploring Consciousness" by Harry Palmer. Its purpose is to determine if the beliefs you hold are helpful or harmful.

List three things you believe about yourself.

- 1.
- 2.
- 3.

List three things you believe about relationships.

- 1.
- 2.
- 3.

List three things you believe about money.

- 1.
- 2.
- 3.

List three things you believe about work.

- 1.
- 2.
- 3.

List three things you believe about religion.

- 1.
- 2.
- 3.

List three things you believe about your ability.

- 1.
- 2.
- 3.

List three things you believe about life.

- 1.
- 2.

3.

List three things you believe about change.

1.

2.

3.

List three things you believe about your health.

1.

2.

3.

List three things you believe about your family.

1.

2.

3.

List three things you believe about the future.

1.

2.

3.

Contemplate:

- a. After each belief your wrote down, note whether the belief is (H) helpful to you, (I) impeding to you.
- b. After each belief your wrote, using a scale of 1-5 with 1 being 'absolutely true' to 5 being /extremely doubtful', rank the degree of certainty that you place on it.
- c. After each belief you wrote, note whether the belief was assumed deliberately (DEL) or was indoctrinated into you (IND).

What conclusions can you draw after doing a, b, and c above?

Whatever you put your attention on wins. Change your beliefs and change your reality. The first step to changing is to realize you are stuck in a belief. The second step is to be willing to see it differently. Open to the possibilities that there is another way to view life, yourself and others.

Transparent Belief Exercise:

Objective: To discover transparent beliefs.

Expected results: Insights, personal transformation.

Instructions:

Discovering transparent beliefs is done either with a companion or as a team effort. The exercise may be repeated many times.

Step 1. The guide or group leader asks, "What would you like to change?" Until a situation is revealed.

Step 2. Once the situation has been pinpointed, the guide or group leader goes after:

- the beliefs that are creating the situation
- the experiences that are reinforcing the beliefs, i.e., creating certainty in the beliefs

by asking:

- a. What belief might someone have in order to experience (situation)
- b. How do you prove that belief is true?
- c. What other belief might someone have in order to experience (situation)?
- d. How do you prove that belief is true?

c. and d. are alternately addresses until the student has a realization.

This exercise is from the Avatar Journal entitled "Resurfacing... Techniques of Exploring Consciousness" by Harry Palmer.